

DATES TO REMEMBER

WOMEN'S SELF DEFENSE SEMINAR

Friday March 31st 5:30 pm

BLACK BELT CLASS

Saturday April 1st 11:30 am

RANK PROMOTION

Week of April 9th

Belt TestingFriday April 14th 5:30 pm
no classes.**TNT / LEADERSHIP CLASS**

Saturday April 15th - 11:30 am

Sifu's Corner

With the new cycle beginning and the graduation of so many new students, we are encouraging everyone to participate in the sparring portion of our classes.

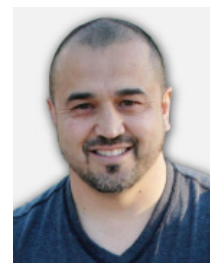
Sparring is important because it simulates close to what you would encounter in a real-life self defense situation.

You will learn to block and counter your opponent's attack to defend yourself.

Sparring also helps to get students in an adrenalized state, which teaches them to effectively act if they are ever put in that situation, and to maximize their potential to make good choices if they ever have to defend themselves.

Above all, please be confident that it is always our main priority to keep every student as safe as possible when sparring. While SPARRING IS OPTIONAL, we truly believe it is a valuable component in martial arts training - plus it's fun, and really great exercise, so please consider the value of sparring as we enter this new cycle.

- Sifu Zai



Birthdays

MARCH

*Betty Kloosterman,
Tony Olivarria
Dylan Gama
Same Coronella
Brenda Marquez*

APRIL

*Charles Hodges
Aiden Dabe
Michael Inskeep
Nathan Voth
Alfanzo Vasquez
Daniel Bravo
April Dockrey*

Mar - Apr

	MON	TUE	WED	THU	FRI	SAT
WEEK 1	13 Mar	14	15	16	17	18
WEEK 2	20	21	22	23	24	25
WEEK 3	27	28	29	30	31 Women's Self Defense Seminar	1 Apr Black Belt Class 11:30 am
WEEK 4	3	4	5	6	7	8
WEEK 5	10	Belt and Stripe Promotion all week			14 Belt Testing	15 TNT Leadership 11:30 am
WEEK 1	17	18	19	20	21	22



Belt Testing

FRIDAY, APRIL 14th - 5:30 PM
For
Orange, Blue and Black Belt Testing

**WOMEN'S
SELF DEFENSE
SEMINAR**

**FRIDAY, MARCH 31st
5:30pm - 6:30pm
FREE**